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## CLAIMS:

1. A flashing device comprising a wearable band having:  
means for sensing movement of the band and generating a trigger signal in  
5 response to said movement;  
circuit means responsive to said trigger signal to generate an illumination signal;  
and  
at least one light which is illuminated in response to said illumination signal.
- 10 2. A flashing device as claimed in claim 1, wherein the band is worn on a user's head,  
neck, waist or arm, and movement of the user causes said at least one light to flash.
3. A flashing device as claimed in claim 2, wherein the movement means includes a  
motion switch having a conducting sphere movable in a space defined by a plurality of  
15 conducting parts.
4. A flashing device as claimed in claim 3, wherein the trigger signal is generated  
when said sphere moves into contact with at least two of said parts.
- 20 5. A flashing device as claimed in claim 4, wherein the circuit means includes an  
integrated circuit connected to the motion switch and mounted on a printed circuit board  
integrated in the band.
6. A flashing device as claimed in claim 1, wherein said at least one light includes  
25 LEDs distributed along said band.
7. A flashing device as claimed in claim 6, wherein the LEDs include at least two sets  
of LEDs which are alternately illuminated when said trigger signal is generated.